

MILLER SCHOOL

April 5, 2024



April Character Trait—Respectful

Dates to Remember

April 15-19: No School- Spring Break

May 8: Early Release Day- Dismissal @ 1:10 pm

May 27: No School- Memorial Day

Miller School Values

Treat others the way you want to be treated

Keep things neater or better than you found them

Do your best

Be safe

Principal's Desk



On Monday, April 1, the Budget Committee of the RSU40 Board voted to send a proposal of about \$38.7 million to the full board for their consideration. The Board will review the proposal and vote at their meeting scheduled for this Thursday, April 4 at the Central Office at 7:00 pm. If this meeting is cancelled due to weather, a meeting will be held on Thursday, April 11 at 7:00 pm. Location to be determined.

This proposal includes the proposed budgets made by principals and directors of each cost center as well as five additional special education ed techs (7 were requested), volleyball for the high school, a substance abuse prevention coordinator, and an additional \$200,000 for capital maintenance.

Please see budget documents [here](#), for up-to-date information and links to the meetings.



PreK & K Registration is well underway.

**PreK spots are limited
to 32 students.**

Register Soon!



A.C.E. (After-school Children's Enrichment)

Childcare Openings (Ages 4 - 12)

Before Care (7-8:30) \$25/Week and After Care (3:15 - 5:30) \$50/Week

Locations: Union, Waldoboro, and Warren Schools

A.C.E.'s intent is to provide a social, structured, and safe out-of-school time environment for the students of the RSU40 school district. The program works to incorporate a mix of educational and recreational activities that are fun, interesting, affordable, and safe for children ages 4-12 when school is not in session.

Additional Care: Early Releases, Workshop Days, Vacation, and Summer

Please contact Stacey Fowler for an application @ 701-8407 or ace.stacey@yahoo.com

Story Hour with Halcyon String Quartet!

featuring Robert McCloskey's

MAKE WAY FOR DUCKLINGS

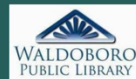
Saturday, April 6 | 10 AM | Waldoboro Public Library



Admission is FREE!
To learn more, visit:
waldoborolibrary.org

Space is limited.
Reservations required.

halcyon



HEALTHY KIDS PARENT TIPS

Ages 2-8



Playing with your Child

Wisdom for All Ages!

Little eyes are always watching, especially during playtime. Embracing your inner child can be challenging, but the rewards are worth it! Here's the lowdown:

- Reconnect with your playful side. Demonstrate how it's done to the little ones by immersing yourself in the world of play. Adult play may have a different look, and that's perfectly fine. Discover what brings you joy and carve out time for it. Whether it's joining a sports team, delving into a book club, or painting vibrant colors on a canvas, indulge in some playtime!
- Schedule the fun. While spontaneous adventures are great, our busy schedules often need a playful push. Plan a weekly play session just for yourself. Sneak in some fun during a midday slump or at the break of dawn. And remember, having a blast alone is fantastic, but involving the kids can make it even more enjoyable!

Emotional Connections

Shape your mini-me's emotional universe

- Encourage your little human to put words to their feels. This builds up their emotional vocab and teaches them to spill the beans on their emotions. Try a line like, "I spy some tears. You look sad. What's bugging you?"
- Let your kiddo know it's totally cool to feel the blues or see red (steer clear of the "don't be sad" or "don't be mad" phrases).
- When the going gets tough, keep in mind that kiddos express themselves mainly through actions since they're still mastering the art of explaining their emotions with words.
- Keep an eye out for what could be brewing underneath their actions and emotions. Maybe they're just hungry or in need of a nap!

Safety Tips

Here are some wallet-friendly tips for chowing down like a champ:

1. Get your protein fix from budget-friendly superstars like beans, lentils, canned fish, eggs, and peanut butter.
2. Roll with the seasons for the best deals on fruits and veggies. Think juicy tomatoes in late summer and crisp apples in the fall. Ask your grocer or check online for the scoop.
3. Swing by farmers markets for fresh, seasonal produce straight from the source. Many even take SNAP cards or WIC vouchers. Just hit the info booth for details!
4. Bulk up your pantry and save some cash. Think big bags of oats over instant oatmeal for a thrifty breakfast win.
5. Stay in the loop on sales and deals. Scope out those weekly flyers or chat up store staff to sniff out upcoming bargains.
6. Crunch the numbers on unit prices. Look for that sneaky price-per-pound or per-unit cost to score the best bang for your buck on healthy options.
7. Plan your meals like a pro. Sit down as a fam and map out the week's eats, getting creative with ingredients for multiple meals. Who knew a single roasted chicken could be a mealtime hero for days?

Resilient Parents

Here's the scoop on helping kiddos navigate those big, wild emotions and dial down the drama:

- Teach them they're the boss of their reactions. Ask, "Hey, buddy, what's a cool way to handle that next time?"
- Arm them with secret self-talk phrases for those fiery moments like "Chill, don't spill," or "Use words, not fists."
- Guide them to zen mode when the anger waves hit. Suggest finding a chill spot, taking slow-mo breaths, or whispering sweet calming mantras like "Cool it" or "Inhale, exhale."
- Sometimes, a good ol' hug is the magic potion. Remind them there's always a warm hug waiting from you or another caring soul.



Development and Your Child

When kids opt to wait 15 minutes for cookies to cool down instead of diving into a quick snack, it's like spotting little champs mastering the art of patience. They're also acing the memory game, connecting the dots between actions and consequences. "If you're sick tomorrow, we see the doc. If you're all better, school it is!" Here's a fun to-do list:

- Dive into games that mix trial and error, like stacking things or tackling puzzles (but keep it under six pieces for now).
- Shake things up with games where rules change on a dime (think "Follow the Leader") to help those kiddos flex those brain muscles.



For more information visit our website at healthykidsmaine.org or follow us on social media



HEALTHY KIDS PARENT TIPS

Ages 9-14

Emotional Connections

Here's the scoop on diving into heart-to-hearts with your teens! Imagine a world where chats about mental health become as common as discussing the weather. Let's sprinkle some magic dust on those talks and create a safe space where your teen feels comfy sharing their thoughts. No judgment zone allowed! Remember, listening is the new black, so zip it and let them take the spotlight. Oh, and keep those convo starters light and factual to dodge any defensive maneuvers. Silence is golden, folks! Give your kiddo some breathing room to process, especially if they're wearing a mask of secrecy. Mental health stigma? It's like an outdated fashion trend - let's ditch it! Time to bust those myths and show that seeking help is as cool as a cucumber.

Resilient Parents

Many parents wonder, "What's the right thing to say when...?" But, hey, here's the scoop: it's not just about the words you choose, it's about giving those ears a workout!

1. Hit pause on the parental panic button. Listen up, sans the judgment and knee-jerk reactions. When your kiddo drops a bombshell like, "Mom, I've got a crush," and you fire back with, "You're too young to date," you miss out on a chance for a real heart-to-heart about healthy relationships.
2. Keep calm and carry on. When teens spill their guts, they need a chill, level-headed sidekick to help them navigate the rough waters. If parents blow things out of proportion, it just adds unnecessary drama and sends the poor teens running for the hills.
3. Dial down the drama. Teens need a sounding board, not a mirror. Sometimes they go big or go home with their emotions. If parents dive in too deep, it can stir up even more feelings and make them look like they're part of the teen drama club. Picture this: you join in too eagerly and trash talk your daughter's pal she argued with. Oops! You'll be left with egg on your face when they're BFFs again the next day.

Playing with your Child

- Teens level up their social skills by chilling with their squad. Mastering the art of mingling, swapping stories, cracking jokes, and playfully bantering is like the ultimate friendship achievement. Fast forward to adulthood, when old pals reunite, it's like slipping into a cozy chat straight out of their teenage years. The secret sauce? They cut to the chase, share history, and giggle at the same goofy stuff. Sharing laughter with friends is like a social superpower, smoothing over clashes, dodging negativity, and dialing up the fun in life.
- Urge your teen to dive into all sorts of topics with their squad. Chatting with friends is like a ping-pong match of ideas, a two-way street that beats one-sided conversations with grown-ups who might be a bit set in their ways. Friends have your teen's back, creating a safe space to explore and grow.

Safety Tips

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Development and Your Child

Let your teen spread those independence wings! It's like watching a butterfly emerge from a cocoon - thrilling yet nerve-wracking. Encouraging their freedom dance keeps the parent-child tango in harmony. When you guide them without suffocating, they'll be high-fiving you. Being a safety net as they dip into adulthood builds a bond that's unbreakable.

From mall marathons to driver's ed, it's all about setting the stage for success. Let them stumble, but catch them before they fall into a pit of despair. Show them the ropes of responsible decision-making and watch them soar.

Parenting is a bit like baby-proofing a house - you need to see the world through their eyes to keep them safe. So, put on those teen-tinted glasses and prepare for the challenges ahead. Gradually handing over the reins, one step at a time, is the secret sauce to fostering independence while keeping the safety net intact.

For more information visit our website at healthykidsmaine.org or follow us on social media





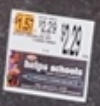
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helps

Schools

Together, we're greater than groceries.

Looking for more information about Hannaford Helps Schools? Go to hannaford.com/helpsschools.

When using ParentSquare to contact the office, please use “miller office” (no quotes) so all office staff will receive the messages.

 **Parent Reminder** 

Changes to Dismissal Plans?

**Please call the Office BEFORE
2:30 pm @ 832-2103**

More Parent Reminders

Student Drop Off @ 8:30 am

Classes Begin @ 8:45 am

Afternoon Pickups @ 3:10 pm

Dismissal to Buses @ 3:15- 3:30 pm



**NO last-minute office pickups after 2:45
unless emergency**

Lunch Calendar- April

Milk is **FREE** for students who bring their own lunch

LUNCH					APRIL 2024 Miller School					Vegetable, Fruit and Milk served with every meal WG = whole grain Second Milk is \$.50				
Monday		Tuesday		Wednesday		Thursday		Friday						
1 WG Corn Dog Or Tuna Roll		2 Cheese Pizza or Pepperoni Pizza Or Ham Pizza No Alternative		3 Meatloaf W / Gravy Potato Pancakes or Tuna Roll		4 Chicken Quesadilla Or Tuna Roll		5 Ravioli W / Beefy Sauce Garlic Roll Or Tuna Roll						
8 Chicken Fries W / Syrup Waffles or PB & J / Cheese Stick		9 Meatball Double Crust Pizza Or PB & J / Cheese Stick		10 Hot Dog W / Roll Cole-Slaw Or PB & J / Cheese Stick		11 Grilled Cheese Sandwich Chips Or PB & J / Cheese Stick/Chips		12 The Chef's Smashed Chicken & Potato Bowl Or PB & J / Cheese Stick						
15 NO SCHOOL		16 NO SCHOOL		17 NO SCHOOL		18 NO SCHOOL		19 NO SCHOOL						
22 Chicken Alfredo Over Noodles Or PB & J / Cheese Stick		23 Cheese or Veggie Pizza Or PB & J / Cheese Stick		24 Hot Turkey Sandwich Or PB & J / Cheese Stick		25 American! Hamburger Cole-Slaw Or PB & J / Cheese Stick		26 BBQ Chicken On a WG Bun W / Pickles Or PB & J / Cheese Stick						
29 Fajita Chicken Wrap Or Turkey & Cheese Sandwich		30 Cheese Pizza or Popcorn Chicken Pizza Or Turkey & Cheese Sandwich												

"This institution is an equal opportunity provider"
Menu subject to change according to availability of food.

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

BOX TOPS FOR EDUCATION EARN CASH FOR YOUR SCHOOL WHEN YOU...

BUY IN STORE	BUY ONLINE
<p> BUY Box Tops Products</p> <p> SCAN your store receipt</p> <p> EARN Box Tops for your school</p>	<p>1 SIGN UP on the app or at BTFE.com</p> <p>2 SHOP online</p> <p>3 FORWARD your digital receipt</p> <p>4 EARN Box Tops for your school</p>